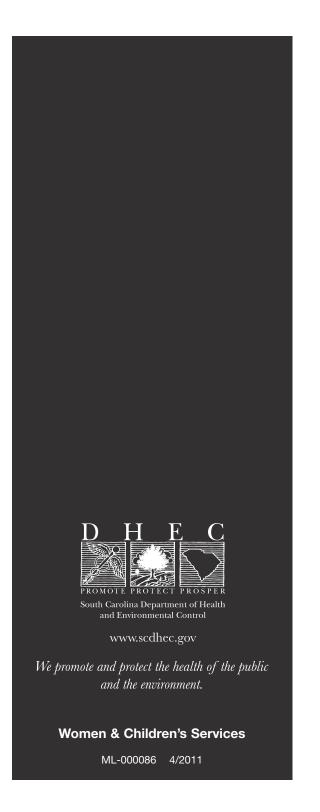
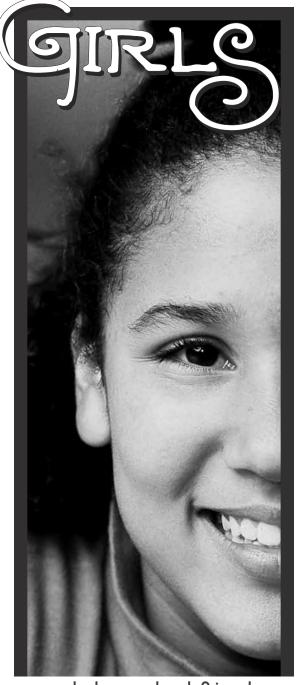
you feel comfortable with who knows about health and appearance. May-If you still have questions after reading this pamphlet, ask someone be the person who gave you this pamphlet can help you.

use this information as well. Pass this pamphlet to someone else when you are finished with it. Chances are, your best friend could





what your best friend won't tell you

o you ever wonder what other people think about you?

Sure, you're a good person on the inside. That's great, but the outside is important, too. Many girls aren't sure of the best way to take care of their bodies.

We've put together some tips that everybody should know to look their best.

HAIR

- Most people should wash their hair every three to four days. If it's really oily, wash it more often.
- Any shampoo is OK as longs as it makes your hair and scalp feel clean.
- Comb or brush your hair every day, and don't borrow brushes or combs.
 Sometimes people get head lice from sharing combs and brushes.

TACE

- Everybody's face is different. Some have dry skin, some have oily skin.
 Some people get acne (pimples) and some don't.
- The center of your face is probably oilier than the outside edges.
- Use any soap you want, as long as it doesn't make your skin red, itchy, or flaky.

FETH

You know how important your smile is. Protect it! All of the following helps to keep your breath fresh.

 Brush your teeth after each meal, at least twice a day. Brush your tongue, too. (That's right—your tongue. Your tongue has plague-forming bacteria on

- it. Brushing it removes the bacteria that cause bad breath and plaque.)
- Toothpaste with fluoride is best. Use a soft toothbrush.
- Clean between your teeth once a day with dental floss. That is the special string made to clean film from between your teeth. You can find it in the store where you buy your toothpaste.

HANDS

- Wash your hands before you eat or prepare food.
- Wash your hands after you use the bathroom.
- · Keep your fingernails clean and trimmed.

Body

 Take a bath or shower every day. Plain soap is fine. Use any kind you want as long as it doesn't make your skin red, dry or itchy. Avoid strongly scented bath oils and bubble bath.

GENITALS

 Your vagina cleans itself. A little clear fluid usually comes out of the vagina every now and then. That's normal. Women don't have to clean inside the vagina (douche) unless the doctor or nurse practitioner says so.

- Make sure the external parts are cleaned during your daily bath or shower.
- Take a bath or shower every day especially during your menstrual period.
- Change sanitary napkins or tampons frequently (at least every four hours) during your period.

FEET

- Wash between your toes when you take a bath or shower. Dry carefully.
- Keep toenails clean. Trim them straight across.

DEODORANT/ANTIPERSPIRANT

- Deodorant will not take the place of a bath or shower. If your deodorant causes a rash or makes your skin itch, switch brands.
- Apply deodorant after your bath or shower.

BATHROOM

- Wipe carefully after you urinate or have a bowel movement.
- Wipe from front to back.
- Flush the toilet each time you use it.
- After you go to the bathroom, always wash your hands.

(LOTHES

- Wear clean underclothes and socks every day.
- Cotton underclothes are best because cotton absorbs moisture and lessens the chance of a vaginal infection.
- Try not to wear the same pair of shoes every day. Let them air out for a day before you wear them again.